



FFVP K-5 Main Menu

December 2013

The cost of a paid student meal is \$2.50. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain/bread accompaniments), 2 vegetable sides, 2 fruit sides & choice of 1% or skim white milk.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Sugar Snap Peas		Zucchini		Papaya
9	10	11	12	13
Blueberries		Yellow Squash		Mint and raspberries
16	18	19	20	21
Red Pepper		Diced Mango		Blood Orange
23	24	25	26	27
Happy Winter Break				
30	31	1	2	3
Happy Winter Break				

FFVP Schedule For Beers and Savoy ES Are As Follows:

Beers: T/W/TH

Savoy: M/T/W

Mint Leaves

Mint is a special herb that is used in many products including gum, toothpaste, and candy canes, but did you know that you can eat mint leaves? Mint has some antioxidants and fiber which helps keep you healthy. Mint is tasty paired with many different fruits.

Try mint this month on the FFVP menu.

